

# MTB ONTARIO CUP #3

## Hardwood Ski & Bike

Presented by:

# TREK



# PR PULSE RACING

May 27, 2026  
Technical Guide V1





## Event Sponsors & Partners

**TREK**

**Ontario** 



## Table of Contents

Event Sponsors & Partners .....	2
Event Description.....	4
Event Contacts .....	5
Commissaires .....	5
Media .....	5
Registration.....	6
Categories & Pricing.....	7
Awards & Prizes .....	9
Event Schedule.....	10
Results & Timing .....	10
Series Plates .....	11
Course Marking.....	11
Course Maps & Elevation Profiles .....	13
Start/Finish Diagram .....	13
Team Area.....	14
Event Rules.....	14
*New for 2026* Ontario Cup Points .....	16
Category Upgrades/Downgrades .....	18
Ontario Cup Call-Up Protocol .....	19
Feed Zones and Technical Assistance .....	20
Medical/Hospitals .....	22
Accommodations .....	24



## Event Description

**Join us for the 29th Annual Event!! Cross Country and Short Track mountain bike races for all levels of riders from Youth and Sport to Canada's top racers. Come race, come watch, or come and do both.**

**Date:** June 20-21, 2026

**Location:** Hardwood Ski and Bike, [402 Old Barrie Rd W, Oro Station, ON L0L 2E0](#)

**Parking:** Entry & exit to Hardwood Ski and Bike are located off Old Barrie Rd. Follow the parking signs to the Main Parking Area. The Chalet parking is for volunteers and race crew only.

Walk or ride to the main chalet for registration and start/finish area. All riders must wear a helmet at all times when riding their bike. Specifically when riding to and from the parking areas.

Vehicles found outside of the designated parking lot will be required to relocate their vehicle and could potentially be towed if blocking the roadway and/or a resident of the property.



## Event Contacts

Position	Name
Event Organizer	Arienne Strong E: <a href="mailto:events@pulseracing.ca">events@pulseracing.ca</a>
Ontario Cycling Event Lead	Darren De Rooter E: <a href="mailto:events.team@ontariocycling.org">events.team@ontariocycling.org</a>
Ontario Cycling Membership	Chris Baskys E: <a href="mailto:info@ontariocycling.org">info@ontariocycling.org</a>
Timing	Zone4
Medical	Hardwood Bike Patrol Event Medical Staff

## Commissaires

Position	Name
President of the Commissaire Panel	Rob Visser
Finish Judge	Brad Day
Member	Joseph Hall

## Media

- Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling.
- Please contact [teagan.hughes@ontariocycling.org](mailto:teagan.hughes@ontariocycling.org) by Wednesday June 10 (Wed – 8 days before reg closes), 2025 to receive accreditation for the event.

## Registration

- Registration for all MTB OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- Riders without a membership are eligible to participate in applicable categories and will be subject to a \$5 youth/\$10 adult permit fee.
- Registration for MTB OCup #3 closes on **Thursday June 18 (Thu of race week) at 11:59pm.**
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

MTB OCup #3 – Hardwood Registration		
Event	Registration Timeline	Link
OCup #3	Closes Thu, June 18 @ 11:59pm	<a href="#">HERE</a>
Cost per event	Price of \$30-\$95 depending on category	

## Pre-Riding

Course pre-ride will be open at the following times. All riders must purchase a valid trail pass for pre-riding. Pre-ride fee is a discounted trail pass if purchased online in advance. Any rider found without a trail pass will be disqualified from races.

Purchase the pre-ride trail pass [HERE](#)

## Categories & Pricing

XCC Start Wave	Start Time	Categories	Duration*	Fees
1	Saturday 10:30am	U13 Girls U15 Girls	15min	\$40
2	Saturday 10:55am	U13 Boys U15 Boys	15min	\$40
3	Saturday 11:20am	19+ Senior/Elite Women U19 Women U17 Girls 35-49 Master Women 50+ Master Women	20min	\$40 (Master) \$50 (U17)
4	Saturday 11:45am	U17 Boys 35-49 Master Men 50+ Master Men	20min	\$40 (Master) \$50 (U17)
5	Saturday 12:45pm	19+ Senior/Elite Men U19 Men	20min	\$50 (U19) \$50 (Elite)

\*Approximate race winner's duration, all riders finish on the same lap as the leader. After the first 1-2 laps are completed riders will be shown a board with the number of laps remaining to get to the desired race duration based on the speed of the first lap.

XCO Start Wave	Start Pen	Start Time Sunday	Categories	Laps	Total Distance	Approx. Duration	Fees
1	A	9:00am	U13 Boys	3	9 km	25-40min	\$55
			U13 Girls	3	9 km	25-40min	\$55
	B	9:02am	U11 Boys	2	6 km	20-35min	\$55
			U11 Girls	2	6 km	20-35min	\$55
2	A	10:00am	U15 Boys	3	15 km	45-60min	\$65
			U15 Girls	3	15 km	45-60min	\$65
	B	10:02am	U19 Sport Men	3	15 km	55-70min	\$80
			U17 Sport Men	3	15 km	55-70min	\$80
			Novice Men 19+	3	15 km	55-70min	\$80
	C	10:04am	U19 Sport Women	2	15 km	55-70min	\$80
			U17 Sport Women	2	15 km	55-70min	\$80
Novice Women 19+			2	16 km	55-70min	\$80	
3	A	11:30am	Senior Men/Open 19-34	4	24 km	70-85min	\$95
			Master Men/Open 35-44	4	24 km	75-90min	\$95
			Master Men/Open 45-54	4	24 km	75-90min	\$95

	B	11:32am	Master Men/Open 55-64	4	24 km	70-85min	\$95
			Master Men/Open 65+	3	18 km	55-70min	\$95
	C	11:34am	Senior Women 19-34	3	18 km	55-70min	\$95
			Master Women 35-44	3	18 km	55-70min	\$95
			Master Women 45-54	3	18 km	55-70min	\$95
			Master Women 55-64	3	18 km	55-70min	\$95
			Master Women 65+	3	18 km	55-70min	\$95
4	A	1:30pm	Elite Men 19+	5	30 km	90min	\$95
			U19 Expert Men	4	24 km	75-90min	\$95
			U17 Expert Men*	3	18 km	55-70min	\$90
	B	1:32pm	Elite Women 19+	4	24 km	75-90min	\$95
			U19 Expert Women	3	18 km	55-70min	\$95
			U17 Expert Women	3	18 km	55-70min	\$90

*\*The U17 Expert Men start time and pen is subject to change depending on the combined registration quantity of the Elite Men, U19 Expert Men, and U17 Expert Men. If 30 or more riders register in total for all 3 categories, the U17 Expert Men will be split into their own start – Pen B at 1:32pm. The Elite Women, U19 Expert Women, and U17 Expert Women start will become Pen C at 1:34pm.*

## Awards & Prizes

- Medals will be awarded to the top three (3) finishers in each XCO category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines may be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- Medal presentations will take place 15 minutes after the subsequent start wave begins or after the last finisher crosses the line.

Elite and Junior XCO athletes will compete for a cash purse, while the top five in each XCC category will take home prizes.

Montu Bikes will once again be supplying the Ontario Cup Series Overall Winners Jerseys in 2026. Through Ontario Cycling's partnership with Montu, all members have access to the OC discount code **ontariocycling** which has the following terms:

1. The code grants a 15% discount on purchases \$100 or more before tax
2. Valid on all full-price Montu apparel products for sale on their website [Montu.cc](https://www.montu.cc)
3. Does not apply to kit bundles or clearance/sale items
4. Valid to 31 December 2026

In addition to offering 50% off the cost of **custom paint** (\$150 instead of \$300) for OC members who want to purchase a Montu custom bike (road or gravel). Ontario Cycling thanks Montu for their continued support, don't miss your opportunity to compete for the Ontario Cup series overall winner jersey:



## Event Schedule

### FRIDAY, June 19:

- 1:00 pm – 8:00 pm Courses open for Pre-ride. *Purchase pre-ride tickets online in advance [here](#).*

### SATURDAY, June 21:

- 9:00 am – 8:00 pm Courses open for Pre-ride with minor sections closed during short track. *Purchase pre-ride tickets online in advance [here](#).*
- 9:00 am – 2:00 pm Rider Sign-In is Open\*
- **10:30 am** **XCC Start Wave 1** (U13)
- **10:55 am** **XCC Start Wave 2** (U15)
- **11:20 am** **XCC Start Wave 3** (U17 & Master W)
- **11:45 am** **XCC Start Wave 4** (U17 & Master M)
- **12:15 pm** **XCC Start Wave 5** (U19 & Elite W)
- **12:45 pm** **XCC Start Wave 6** (U19 & Elite M)
  - 1:15 pm XCC Podium Ceremonies

### SUNDAY, June 22:

- 7:30 am – 1:00 pm Rider Sign-In is Open\*
- **9:00 am** **Start Wave 1** (U11 & U13)
  - 10:30 am Wave 1 Podium Ceremonies
- **10:00 am** **Start Wave 2** (U15, U17/19 Sport, Novice 19+)
  - 12:00 am Wave 2 Podium Ceremonies
- **11:30 am** **Start Wave 3** (Senior, Master W/M)
  - 1:45 pm Wave 3 Podium Ceremonies
- **1:30 pm** **Start Wave 4** (Elite, U17/19 Expert W/M)
  - 3:30 pm Wave 4 Podium Ceremonies
- 3:15 pm Racing Concludes

*\*All riders must sign-in before their race. Sign-in closes 30 minutes prior to the start of each race wave.*

## Results & Timing

Zone4 will be providing timing services for the 2026 MTB OCup at Hardwood Ski & Bike. Start lists and Live Results can be found at the link [HERE](#) after registration for the event is closed. Final results will be posted on the Ontario Cycling website after the conclusion of the event.



All participants will receive a timing chip corresponding to their race plate. Timing chips must be picked up by all racers at the sign-in desk on event day and returned via the chip drop-off bin after finishing the race. Event organizers have made a significant investment to provide professional timing equipment and services, as such all riders who do not return their timing chip on event day will be charged \$100. The cost to replace the chip unless other arrangements can be made to return the chip to the organizer.

## Series Plates

Plates for both XCC Short Track & XCO races at each OCup event are to be used for the duration of the 2026 season at each OCup. Riders will receive their series plate at the first OCup of the year they attend and are required to use the same plate(s) at any upcoming MTB OCups in the calendar year they attend. Riders may be subject to a fee for replacement plates if forgotten at future events.



## Course Marking

- Barricade or caution tape is used to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape can be used to outline the outside (or inside) of a corner, or to keep riders out of certain areas.
- Black arrows on white chloroplast indicate direction on the course.
- Two Down arrows down indicate CAUTION for a steep downhill section. We may include a CAUTION sign below as well.



- Some sections of course allow for “Easy” (B Line) or “Hard” (A Line) options where riders have a choice on which line they want to take. The “Hard” option is more difficult than the “Easy” option, and generally offers a time advantage to participants who are able to ride the option. We highly recommend only taking the “Hard” (A Line) if you have pre-ridden the course and are familiar with this section.
- There will be specific sections of course that may be taken out or added in for different categories. Be sure to pre-ride and race the proper course.

## Course Maps & Elevation Profiles

Course maps will be available on the website 1 week prior to event.

**XCC Short Track Course** – 1 km per lap

**9:00 am XCO Course** – 3 km per lap

**10:00 am XCO Course** – 5 km per lap

**11:30 am XCO Course** – 6 km per lap

**1:30 pm XCO Course** – 6 km per lap with added technical sections

## Start/Finish Diagram





## Team Area

Registered Teams and Clubs may request Tent space in the Stadium by Start/Finish. Email [events@pulseracing.ca](mailto:events@pulseracing.ca) to request a team tent space. Include exact space request in the email. (i.e. 10×20). There is no additional cost for OC registered teams and clubs, but space is limited and assigned by time of email. Other teams/clubs/expo may request space for a small fee.

## Event Rules

### General Rules & Regulations

- The event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Out of province riders will be required to present a UCI license.
- Races will start promptly at the indicated start times.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire that you will no longer be racing. Riders not reporting to the commissaire may be subject to a fine.
- Protests are considered from the point of the incident up to 15-minutes after the posting of results for the related event. All protests are to be made to the President of the Commissaire Panel and all determinations made by the Commissaire are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Radio communication is not permitted between riders and anyone else.
- Should a commissaire or OC representative feel that a rider is unfit to race for any reason, the OC reserves the right to remove the rider from the event, for their own safety and the safety of others.

## Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- Per CCA rule 1.3.031 N): At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.
- Riders are required to wear a jersey corresponding to the club or team on their membership during competition.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.

The following are OC regulations for onboard technology for all OC events which are managed by OC Commissaires. These regulations do not apply to any events which do not require Commissaires, but if they are sanctioned under the OC Insurance Policy, Section 6 (a) and (b) applies.

1. All onboard technology device which is fitted on a bicycle must:
  - a. Be installed on a system designed specifically for bicycles and not affect the certification of any item on the bicycle.
  - b. Not cause a risk for the safety of any rider, and therefore, be affixed in a manner that ensures it is not susceptible of inadvertently dismounting or is non-removable.
  - c. The camera footage is not immediately available to the rider.
2. Helmets must have a CSA certification. Any modification, alteration, manipulation, addition or removal of any element, or addition of an accessory unapproved by the helmet manufacturer is prohibited.
3. If the technology appears to be improperly affixed based on the commissaires discretion, the rider must remove or adjust the technology before the rider will be allowed to start.
4. If there is a crash during an event, permission must be secured in writing from the individuals involved before posted any footage from the incident.
5. It is strongly recommended that anyone who is using footage for individual promotion or private use, secure written consent in advance from any individual appearing on the footage.
6. Insurance Implications:
  - a. OC Insurance does not cover loss or damages which may occur to onboard technology during the event.
  - b. All individuals using onboard technology are responsible and liable for any damages and injuries which may occur if the technology interferes with the integrity and safety of the event.

## Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 15 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

## \*New for 2026\* Ontario Cup Points

Ontario Cup points are awarded to the top 20 finishers in each category (formerly top 15). Only riders who have an OC membership are eligible for OCup points. Riders who DNF (do not finish) are not entitled to OCup points. Riders who move categories during the season will not carry any accumulated points into their new category. OCup points earned will remain in the category they were awarded within. Ontario Cup series champions will be decided by season ending OCup series point totals by a simple tally of all the points earned at OCup events for the current year.

To make the series title race tighter in 2026 and beyond, points awarded for each position have shrunk to a 1-point differential between each position (formerly a 2 or more-point differential between positions 1<sup>st</sup>-5<sup>th</sup>). Series points will be awarded as follows for all Ontario Cups:

Position	Points	Position	Points	Position	Points	Position	Points
1 <sup>st</sup>	20	6 <sup>th</sup>	15	11 <sup>th</sup>	10	16 <sup>th</sup>	5
2 <sup>nd</sup>	19	7 <sup>th</sup>	14	12 <sup>th</sup>	9	17 <sup>th</sup>	4
3 <sup>rd</sup>	18	8 <sup>th</sup>	13	13 <sup>th</sup>	8	18 <sup>th</sup>	3
4 <sup>th</sup>	17	9 <sup>th</sup>	12	14 <sup>th</sup>	7	19 <sup>th</sup>	2
5 <sup>th</sup>	16	10 <sup>th</sup>	11	15 <sup>th</sup>	6	20 <sup>th</sup>	1

*\*With 30 days or more notice to riders, double points can be offered.*

*\*\*Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup points.*

With increased demand for OCup event hosting and greater variety of event type included within each series, Ontario Cycling is implementing a structure for lowest point score's to be dropped from the series ending points total dependent on how many events are held in a series. Where a riders lowest or zero (0) point scores



from OCup events within a series are dropped from inclusion in the series total score according to the number of events held within the series for the year:

- 1-4 Events: All events are counted towards OCup points
- 5-6 Events: One (1) event is dropped from OCup points (event with least amount of points scored)
- 7+ Events: Two (2) events are dropped from OCup points (events with least amount of points scored)

OCup Points at Provincial Championships:

Riders will earn a 10-point bonus to their total 2026 OCup Points tally for registering in the respective disciplines 2026 Provincial Championships. Riders who do not register for provincials are not eligible. If a rider upgrades to a higher ability OCup category during the season (all OCup events in the season, does not include Provincials) and earns points in more than one category (i.e. Cat B for OCups 1-3 and Cat A for OCups 4-5), the 10-point bonus will only be applied to the highest ability category the rider scored points in during the OCup season (i.e., Cat A and not Cat B).

- Mountain Bike Series: Categories at MTB Provincials are the same as OCups in that they are both age-based and follow the exact same structure of age groups. Riders can self-seed themselves in the ability category of their choosing (Novice, Sport, Expert, Age-Group if applicable) at Provincials like at all OCups. As the categories are the same however, the 10-point bonus for registering for provincials will only be applied to the category in which they register. For example, a U17 athlete that raced U17 Sport at all the OCups within a season decides to race U17 Expert at Provincial Championships – that rider will receive 10 OCup points for U17 Expert and not U17 Sport. Constituting a category upgrade/move, the same as if they were to move categories within the OCup season – their accumulated points in one category will not be transferred to the new category.

For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup #4	OCup #5	OCup Total	Provincials	Final Points
Rider1	19 (2 <sup>nd</sup> )	20 (1 <sup>st</sup> )	18 (3 <sup>rd</sup> )	20 (1 <sup>st</sup> )	<del>16</del> ( <del>5<sup>th</sup></del> )	77	10 (Yes)	87
Rider2	18 (3 <sup>rd</sup> )	<del>15</del> ( <del>6<sup>th</sup></del> )	20 (1 <sup>st</sup> )	16 (5 <sup>th</sup> )	17 (4 <sup>th</sup> )	71	10 (Yes)	81
Rider3	20 (1 <sup>st</sup> )	19 (2 <sup>nd</sup> )	19 (2 <sup>nd</sup> )	<del>18</del> ( <del>3<sup>rd</sup></del> )	19 (2 <sup>nd</sup> )	77	0 (No)	77

### Tie Breaking Policy – Ontario Cup Series Points:

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by the OC office to determine which rider is awarded the higher place in the standings. Descending through the following steps until one athlete emerges above the other:

- 1) Most race wins in the series.
- 2) Overall Points Average (number of points divided by events attended).
- 3) Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).
- 4) Highest placing in the last event of the series.

### **Category Upgrades/Downgrades**

There is no criteria for ability upgrades in MTB categories, riders competing in Regional or Ontario Cup events are eligible to self-seed into the category they feel best matches their racing ability. If a rider decides that a race category is too difficult (or subsequently not difficult enough), they will be able to downgrade or upgrade at their discretion.

If a rider would like to upgrade age categories, for example U15 to U17 Expert they are required to submit a formal upgrade request via the OC upgrade form [HERE](#). Age category upgrades require the submission of race results, race experience, and other supporting information – to be eligible to submit an upgrade request riders must first meet the required criteria as listed in the form. All upgrade requests are subject to approval from the Ontario Cycling Upgrade Committee.

At Provincial Championships riders must race in their age group.

As a [True Sport](#) organization, Ontario Cycling continues to believe in the True Sport Principles. To this effect, OC reserves the right to move riders into a more suitable category that matches their abilities to ensure the principles of PLAY FAIR, RESPECT OTHERS and KEEP IT FUN are preserved.

*\*If an age category upgrade is requested for a nationally sanctioned category (Canada Cup [U17 Expert, U19 Expert, Elite]) the request will need to be submitted to and approved by Cycling Canada.*

*\*\*You must race the category on your license (if you have a UCI license, please notify the OC office in advance of your event if you are planning to upgrade or downgrade categories).*



## Ontario Cup Call-Up Protocol

Call-ups for OCup categories are designed to encourage participation in the OCup series. OCup points will determine the call-up order for XCC & XCO (top 16). If less than 16 riders with OCup points are present in a category, any remaining positions to complete the front 2 rows will be available. The following is the protocol when using OCup points to determine the call-up order:

- 1) Riders tied with the same number of OCup points will be randomized.
- 2) After the first 2 rows are filled, any remaining riders will fill the additional places on the starting grid on a first-come, first-served basis.
- 3) If the first 2 rows are not filled, other riders can take open positions.
- 4) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, 3rd, etc.).

Organizers may acknowledge National or World Champions in their race. These acknowledgments will be done before the call-ups. Participants will then be called up following the procedure above only. Riders may choose any position after their call-up, including not taking a position at the front when called.

## **Feed Zones and Technical Assistance**

Unless a separate feed and tech zone is marked in the course maps for the event, athletes will feed and be able to receive technical assistance from the same area marked on the course.

### **Feed Zone Regulations**

- 1) Feeding is permitted only in the zone(s) designated for that purpose.
- 2) Only those persons responsible for feeding riders may be in the feed zone. Spectators, children, and pets are not permitted in the feed zone. Spectators may watch from the opposite side of the course.
- 3) Tents, Chairs, Coolers etc. must be a minimum of 10 feet away from the race course and must not obstruct others from feeding their rider.
- 4) Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
- 5) During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
- 6) Water may be poured onto riders only if specific permission has been given by the PCP before the event at which time water may only be poured on at the rider's request.
- 7) No rider may turn back on the course to reach a feed zone.

### **Technical Assistance Regulations**

- 1) Riders should be prepared to work on their bicycle outside of the technical assistance zone. They can receive assistance in the technical zone only, or neutral support if it is provided by the organizer.
- 2) Small tools and tubes can be handed to people in the technical zone only.
- 3) Anyone in the technical assistance zone may help riders to get their bicycle operational.
- 4) Riders must finish with the bicycle frame and number plate that they started the race with.
- 5) Spare wheels are allowed in the technical assistance zone only. Spare wheels cannot be stationed for use along the course other than in the tech zone.
- 6) Riders are required to supply their own parts and equipment in the technical assistance zone. Riders may not take other participants equipment without their permission.
- 7) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or other competitors.



## **Pulling Riders**

Riders may be pulled from the event if they don't meet the 80% rule in the XCO 1:30 PM start wave, at the discretion of the President of the Commissaire Panel. Riders may be pulled from additional starts if continuing could impede participants in the following start time, at the discretion of the Panel of Commissaires.

## **Bad Weather and Course Changes**

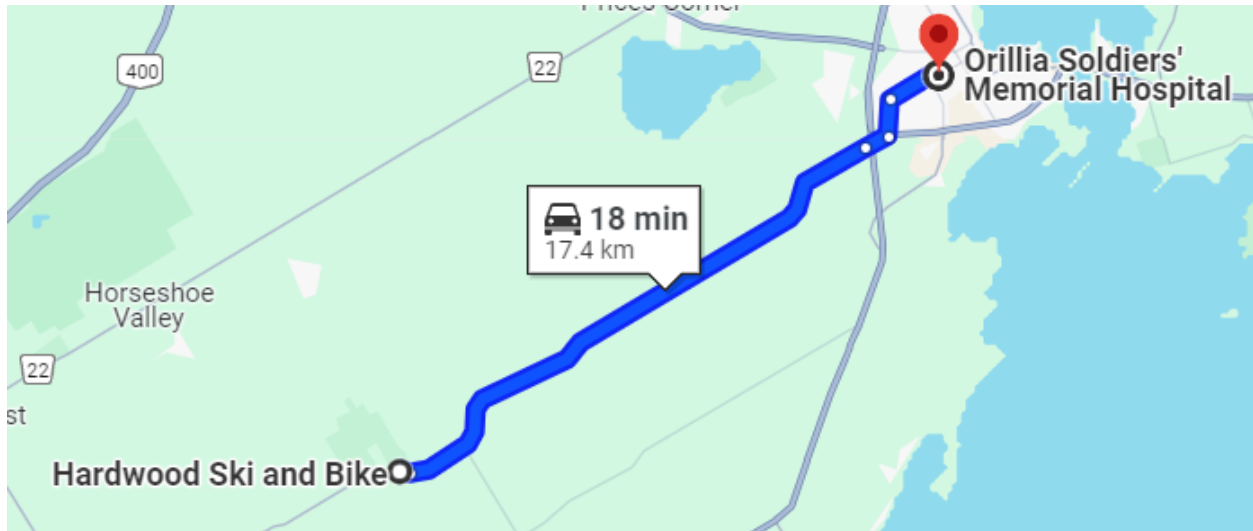
- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling's social media accounts.
- [View OC's Weather Policy & Guideline Here](#)

## **Spectator Safety**

Spectating is allowed along the courses behind safety tape. Spectators should stand a minimum of 3 feet behind tape and use caution when taking photos/videos due to depth perception. Tape although providing a visual boundary for course limits does not provide significant physical protection from riders breaking through and contacting features, objects, or people outside of course limits.

## Medical/Hospitals

**Soldiers Memorial Hospital:** 170 Colborne St W, Orillia, ON L3V 2Z3 [Orillia Soldiers' Memorial Hospital](#)



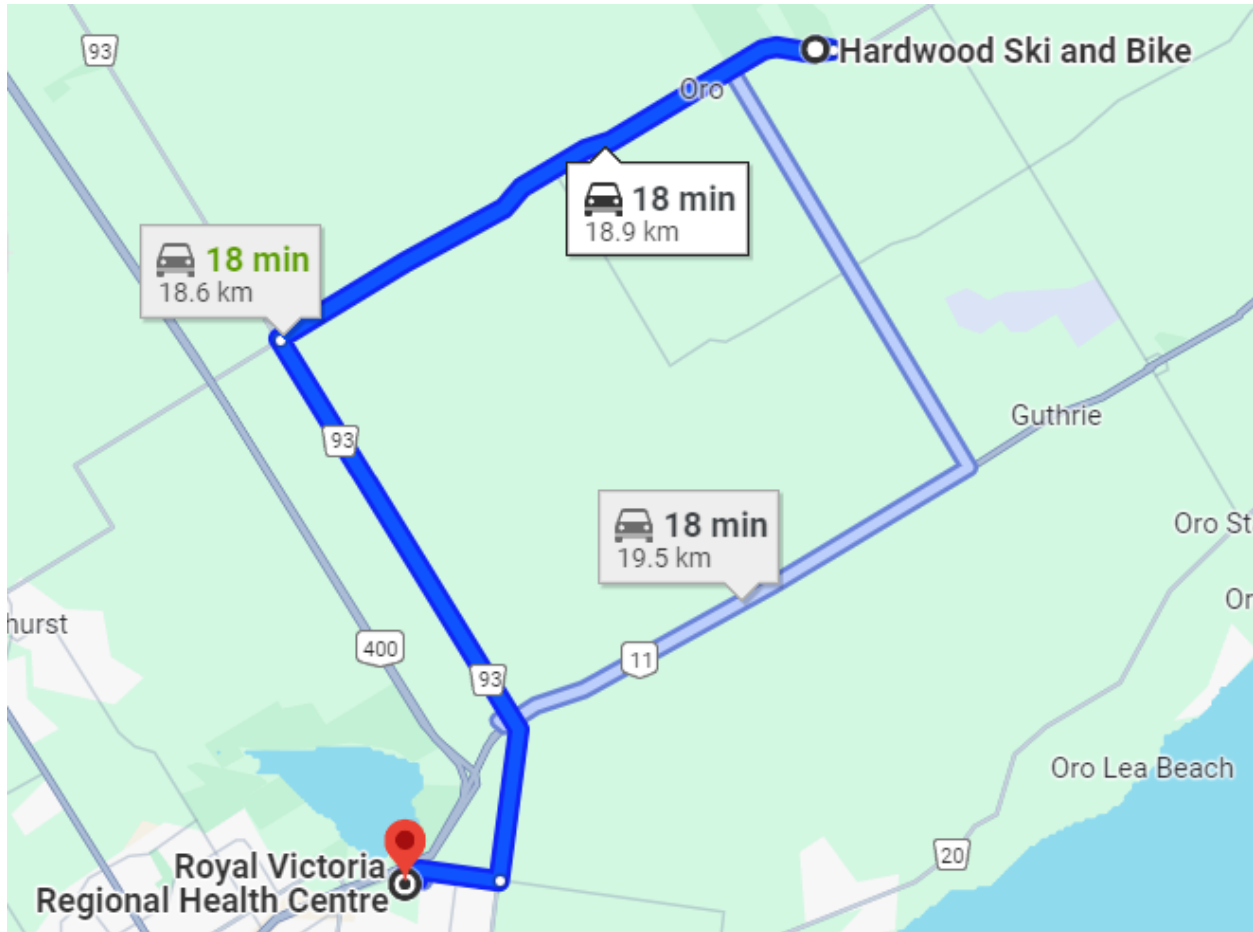
Course marshals are stationed throughout the course and at the start/finish area.

## Directions to Closest Hospital

### Directions to Orillia Soldiers' Memorial Hospital

1. Head Northeast toward Old Barrie Rd W/Simcoe 11
2. Turn right
3. Turn Left onto Old Barrie d w/Simcoe 11
4. Continue onto Trans-Canada Hwy/On-12 S
5. Turn Left onto Mississauga St W
6. Turn right to stay on Mississauga St W
7. Arrive at Orillia Soldiers' Memorial Hospital

**Royal Victoria Regional Health Centre:** [201 Georgian Dr, Barrie, ON L4M 6M2](#)



### **Directions to Royal Victoria Regional Health Centre**

1. Head northeast toward Old Barrie Rd W/Simcoe 11
2. Turn right
3. Turn right onto Old Barrie Rd W/Simcoe 11
4. Turn left onto Penetanguishene Rd/Simcoe County Rd 93
5. Turn right onto Georgian Dr
6. Turn Left
7. Royal Victoria Regional Health Centre will be on the right



## Safety and First Aid

First Aid will be provided by Hardwood Patrol. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Marshalls will be on course during all races.

## Accommodations

HOTEL		
Name	Address	Reserve
Carriage Ridge Resort	<a href="#">3303 Line 3 N, Oro-Medonte, ON, L0L 2L0, CA</a>	Rooms and Condos available at special pricing. <a href="#">Click Here</a> for link with discount applied.
CAMPING		
Hardwood Ski & Bike	<a href="#">402 Old Barrie Rd W, Oro Station, ON L0L 2E0</a>	Limited Camping – Must be <a href="#">Reserved Here</a>
KOA Camping	<a href="#">3138 Penetanguishene Rd, Springwater, ON L9X 1Z7</a>	<a href="https://koa.com/campgrounds/barrie/">https://koa.com/campgrounds/barrie/</a>